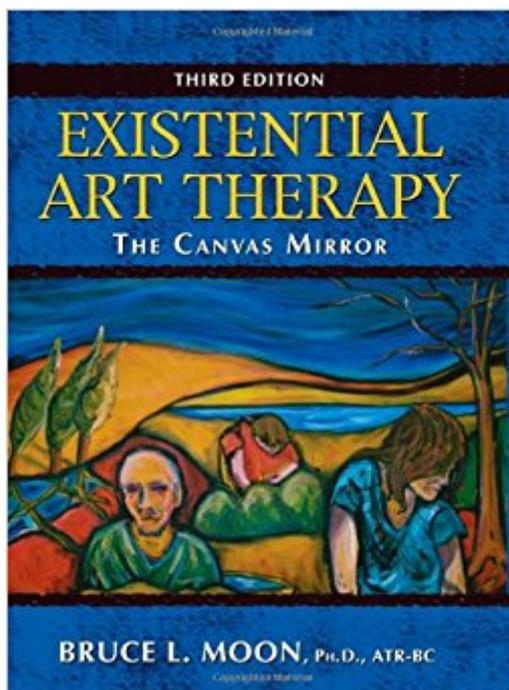


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Existential Art Therapy: The Canvas Mirror



Synopsis

A classic in art therapy literature since its introduction nearly two decades ago, this book is an expression of the author's desire to link the practice of art psychotherapy to the core issues of life as presented in existentialism. The inclusion of existential in this book's title denotes an interest in human struggle with issues of life in the face of death. The Canvas Mirror is the story of connections the author's connections with his patients, their connections with each other, and, ultimately, the author's connections with the reader. We are provided in this book with a philosophy of how to be rather than a manual of what to do. The author shows us that it is possible to speak in plain language about the difficulties of therapists' patients if art therapists also speak to themselves in that same language. Unique features include: existential values and artistic traditions; metaphor, ritual, and journey; structuring chaos; existential emptiness and art; tenets of existential art therapy; the frame of The Canvas Mirror; listening to images and relating to artworks; dimensions of creative action; artists of the cutting edge; the changing face of illness; existential leadership and basic tasks; and dialoguing with dreams. Replete with numerous illustrations, this text will serve as a valuable resource to medical and mental health professionals, occupational therapists, artists, students and theorists of art, and rehabilitation professionals. The current state of mental health care, with short stays and a problem-focused approach, makes this book even more relevant today than when it was first published in 1990.

Book Information

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Customer Reviews

I was asked to read this book as part of my training program as an art therapist a few years ago and I fell in love with it. It's as relevant to me today, as I am making my first steps in the field. It focusses on the existential angle of art therapy and is full of dialogues with patients and study cases , brought in an informal way. Mr. Moon is first and foremost an equal human being and only then an art therapist. He includes reference to his own journey as reflected through his own creative process. I will end with a quote: "Creation does not ease but rather ennoble the pain."

This book is clearly written with great examples of his therapeutic practice that gave me as one hoping to study Art Therapy this year an insight in the width of opportunities to interact with themes, timing, listening, co-creating and self examination. It reminds me of good yoga and conversations I have with my mother (living well with dementia) that expand into wonderful and unexpected places.

Highly recommended to artists and art therapists working experientially in their practice. Easy to read and absorb, and great examples that highlight this form of inquiry

Dr Moon has written a helpful book for looking at the benefits of art therapy. This is a very readable book in a style that is both personal and professional.

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